

# Asthma Education & Resource Council

5 Bon Air Rd., Suite 110, Larkspur, CA 94939  
(415) 924-3647 FAX (415) 927-7387 <http://marin.org/npo/asthma> [asthma@marin.org](mailto:asthma@marin.org)

## Directors

Merrill Nisam, MD  
*Chairperson*

Michael Harris, MD  
*Vice-Chairperson*

Linda Panichelli, CPA  
*Treasurer*

Marcie Leach, RN, PNP  
*Secretary*

Nancy Gorsich

Martin Sooper

Sudha Venkataraman

## Advisors

Nancy Boyce, RN

Tom Lalanne, JD

Colette Weil, MBA

## Staff

Lesley Brabyn, MA  
*Executive Director*

Claudia Schimmer, RN  
*Community Outreach*

Coieen LeDrew  
*Project Coordinator*

Eduard Flores  
*Asthma Educator*

Deborah Meshel, RN  
*Camp SOAR Director*

Danielle LaVigna  
*Administrative Asst.*

## FACT SHEET

**Founded:** 1992

**Structure:** The Council is a 501 (c)3 nonprofit organization. Its volunteer board of directors and advisors represent a broad range of perspectives and include experts in medicine, school issues, managed care, business, finance, law and consumer advocacy.

**Services:** Asthma classes (*English/Spanish*)  
Individual education sessions (*English/Spanish*)  
Support group  
Patient newsletter  
Lending library  
Low cost asthma store  
Information referral  
Workplace programs  
Training for childcare staff  
Updates for health professionals

**Philosophy:** All of our programs adhere to current National Institutes of Health Guidelines for the management of asthma. Our focus is on preventive education and providing practical strategies for improving the health and well-being of all families affected by asthma. We work in collaboration with health care professionals, schools, families and other organizations and support patients in developing educated partnerships with their health care providers.

**Funding:** Our funding comes from a broad-based variety of sources and includes grants from private foundations, corporate donations, user fees and contributions from individuals.

# **Asthma Education and Resource Council**

## **Services**

- Monthly asthma classes for families in English or Spanish at various Marin locations.
- Individual education sessions in English or Spanish at our Asthma Wellness Center in Larkspur.
- Case management and/or home environmental assessments for high risk patients.
- Talks on asthma and allergy for parents, child care providers, teachers, and school staff.
- Spacers, peak flow meters and educational materials in English and Spanish through our "Asthma Store".
- Summer asthma camp for children ages 7 - 11
- Drop in education at the Asthma Wellness Center

Services are available on a sliding scale at no or low cost.  
Some insurance plans will cover.

*The AERC is an independent nonprofit organization. Financial support comes from a variety of sources and includes grants from private foundations, corporate donations and contributions from individuals.*

---

**Asthma Education & Resource Council**  
5 Bon Air Rd.. Suite 110, Larkspur. CA 94939  
(415) 924-3647 fax (415) 927-7387  
[asthma@marin.org](mailto:asthma@marin.org)

# Asthma and Allergy

## INFORMATION SOURCES

### **Action on Smoking and Health**

Provides information on the legal rights of non-smokers at work, in apartments, while traveling and in public places. Information on smoking cessation.  
<http://ash.org> 202-659-4310

### **Allergy & Asthma Network/Mothers of Asthmatics**

Great web site with information on medications, food allergies, triggers, schools, and more. Books, videos and equipment for sale. Information hotline.  
[www.mothersofasthmatics.org](http://www.mothersofasthmatics.org) 800-878-4403

### **American Academy of Allergy, Asthma and Immunology**

Provides free brochures on all aspects of asthma and allergies. Maps and photos of allergy causing plants. Gives referrals to board certified allergists.  
[www.aaaai.org](http://www.aaaai.org) 800-822-ASMA

### **American Lung Association**

Basic information, fact sheets, summer camps, home assessment tool, advocacy and research activities.  
[www.lungusa.org](http://www.lungusa.org) 800-586-4872

### **Asthma & Allergy Foundation of America**

Gives referrals to affiliated support groups, has an extensive list of books, videos and materials on asthma and allergies for sale by mail.  
[www.aafa.org](http://www.aafa.org) 800-7-ASTHMA

### **Asthma Education & Resource Council**

Offers ongoing educational programs, self-management classes, newsletter in Marin County, CA. 415-924-3647

### **Asthma Moms**

Good source for product evaluations, recalls, current articles, special topics, legislation, videos and events. Includes information in Spanish.  
[www.asthamamoms.com](http://www.asthamamoms.com)

### **Environmental Protection Agency – Indoor Environmental Division**

A comprehensive source of information about indoor air pollutants, indoor air quality, and related resources.  
[www.epa.gov/iaq](http://www.epa.gov/iaq) 800-438-4318

### **Food Allergy Network**

Publishes a bimonthly newsletter and offers educational and practical aid for those affected by food allergies.  
[www.foodallergy.org](http://www.foodallergy.org) 703-691-3179

### **Healthy Kids**

Has information on the rights of children with chronic health conditions. Topics include inhalers at school, pollutants in the classroom, etc. Also conducts workshops for organizations. Has an extensive list of reprints for parents and professionals available.  
[www.healthy-kids.info](http://www.healthy-kids.info) 617-965-9637

### **National Jewish Medical and Research Center**

Provides information on lung disease via its toll free number staffed by respiratory nurses. Accepts patients in its treatment program through physician referrals.  
[www.njc.org](http://www.njc.org) 800-222-LUNG

### **National Heart, Lung, Blood Institute (NHLBI)**

Asthma Management Model System, links for research (scientific database), on-line forums, online catalog, “how healthy is your childcare center?”  
[www.nhlbisupport.com/asthma](http://www.nhlbisupport.com/asthma)

### **Pollen Count**

Allergy forecasts for the entire US, including your neighborhood!  
[www.pollen.com](http://www.pollen.com)

### **Regional Asthma Management and Prevention Initiative (RAMP)**

Acts as a clearinghouse for information related to asthma, allergy and indoor environments.  
[www.rampasthma.org](http://www.rampasthma.org) 510-622-4438

### **What’s Asthma All About**

Includes interactive online movie about asthma available in both English and Spanish. Good overview of asthma for patients, parents, families, and teachers.  
[www.whatsasthma.org](http://www.whatsasthma.org)

### **Master Home Environmentalist**

Through their home assessment tool you can become more aware of home environmental pollutants that can make you sick and learn how to reduce them.  
[www.alaw.org](http://www.alaw.org)